Everybodyup 5 – Unit 5 – Lesson 4

A. VOCABULARY

Exercise 1: Match the words to their meanings

Successful ……

Balanced meal ……

Exercise ……

Habit ……

Possible ……

Early ……

a. A routine action that is done regularly

b. Achieving a desired outcome

c. Food that contains a variety of nutrients

d. Able to happen or be done

e. Physical activity to improve fitness

f. Before the usual or expected time

Exercise 2: Fill in the blanks with the correct word

(early , successful , balanced meal , habit, exercise , possible)

1. Eating a _____ is important for good health.

2. I try to _____ every morning to stay fit.

3. Developing a reading _____ can improve your knowledge.

4. It's _____ to finish your homework on time if you start early.

5. She is very _____ in her career because of her hard work.

6. Waking up _____ gives me more time to prepare for the day.

LIVEWORKSHEETS

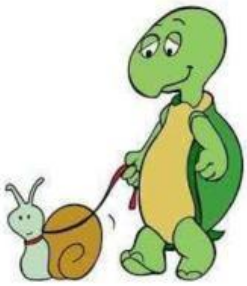
Exercise 3: Circle Yes or No

1. Successful

Yes / No

2. Exercise

Yes / No

3. Quickly 

Yes / No

4. Wash my hair

Yes / No

LIVEWORKSHEETS

5. Take a shower

Yes / No

B. GRAMMAR

Exercise 1: Circle the correct answers

1. …… often do you go for a walk?

A. What

B. How

C. Which

2. I go for a walk …… a week.

A. two

B. second

C. twice

3. I rarely …… my schoolbag before I go to bed.

A. pack

B. packing

C. packs

4. She's talking ……

A. quiet

B. quietly

C. quieted

LIVEWORKSHEETS

Exercise 2: Rearrange the words

1. The / never / are / late / student.

……

2. They / always / do / homework / their.

……

3. It / hardly / ever / rains / here.

……

4. We / usually / don't / watch / TV / in / the / morning.

……

5. I / am / quite / very / sometimes.

……

6. We / hardly / ever / eat / meat.

……

Exercise 3: Underline and correct the mistakes

Underline	Correct

1. How often you go for a walk? ……
2. He is talking quiet. ……
3. I sometime wash my hair before I go to bed. ……
4. I always pack my schoolbag before I go bed. ……

C. LISTENING

LIVEWORKSHEETS

Exercise 1: Listen and write (Track 13 – CD2)

1. …….

2. …….

3. …….

4. …….

5. …….

6. …….

Exercise 2: Listen and circle (Track 14 – CD2)

1. There are …… ways to stay healthy.

A. two

B. three

C. four

2. You should …… once or twice a day.

A. exercise

B. take a shower

C. wash your hair

3. You should eat balanced meals …… times a day.

A. two

B. three

C. four

4. …… can help you do better at school and on tests.

A. Eat

B. Exercise

C. Sleep

LIVEWORKSHEETS

D. WRITING

Exercise 1: Make the questions and the answers

1.

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2.

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3.

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4.

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LIVEWORKSHEETS

5.

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6.

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Exercise 2: Write a paragraph about how to stay healthy

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LIVEWORKSHEETS